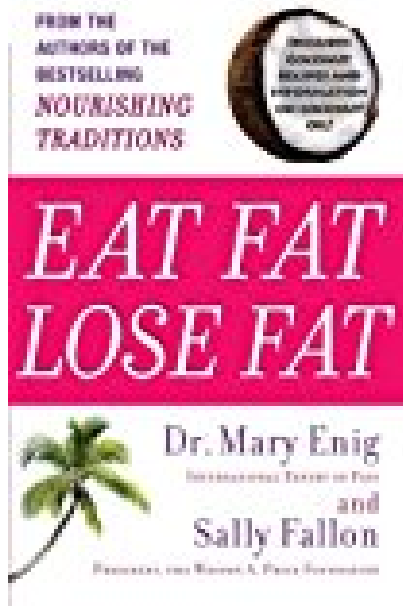


# Eat Fat Lose Fat The Healthy Alternative to Trans Fats



## BOOK DETAILS

- Author : Mary Enig
- Pages : 304 Pages
- Publisher : Plume
- Language : English
- ISBN : 0452285666

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## BOOK SYNOPSIS

A collection of three coconut-based diets features delicious recipes and essential information on the nature of saturated and tropical fats, including data gleaned from dozens of studies about the use of coconuts and healthy fats in improving nutrition. 50,000 first printing.

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